

Department 25C - Foods Revue

Limit 1 entry in classes AC, BC, and CC. Youth Development please see Dept. 17C (page 50).

The Foods Revue is held prior to the fair. Open to members enrolled in Food & Nutrition, Food Preservation Cake Decorating or Outdoor Adventures project or similar program. Specific information regarding event date and entry requirements/deadlines will be published in the 4-H Clover Leaves newsletter. Exhibitors must set up their own place setting without assistance. Parents will not be allowed to provide any assistance. Prepared speeches are not appropriate for Foods Revue. Members will be expected to answer the judge's questions. Questions asked will be dependent on the class entered. A copy of your recipe must be enclosed with your registration. Use the standard form in the newsletter and check for accuracy. Late or incomplete entries will not be accepted.

Please write your pre-fair entries on your fair entry form so you can receive a premium!

\$2.50 \$2.25 \$2.00 \$1.75

CLASS AC-1 - FOODS & NUTRITION Grades 3 - 5

Entry to include one prepared food, menu for one meal, placemat or cloth, one place setting for the entire meal, serving pieces for food prepared, and centerpiece. Be prepared to explain simple nutrition concepts to the judge.

Lots:

1. Salad
2. Main Dish
3. Dessert (not cookies or bars)
4. Any Bread

CLASS AC-2 - FOODS & NUTRITION Grades 6 - 8

Entry to include one prepared food, menu for a full day, placemat or cloth, one place setting for the entire meal, serving pieces for food prepared, and centerpiece. Be prepared to explain reasons for planning your menu (texture, color, etc.) and to answer nutritional questions regarding the USDA's Food Guide Pyramid.

Lots:

1. Salad
2. Main Dish
3. Dessert (not cookies or bars)
4. Any Bread
5. Box Lunch

CLASS AC-3 - FOODS & NUTRITION Grades 9 & up

Entry to include all prepared foods for an entire meal (This means whatever is on your menu for that meal that day, BUT you do NOT have to make every item from scratch. Only one item **MUST** be "homemade". However, if you would like to make more than one item from scratch that is fine. You should **ONLY** submit the recipe for your homemade item.) Your entry must also include your menu for a full day, placemat or cloth, one place setting for the entire meal, serving pieces for food prepared, and centerpiece. Be prepared to explain time management, theme, preparation and clean-up plus Class AC-2 content questions.

Lots:

1. Special occasion meal
2. Box Lunch
3. Brunch
4. Meal for a special need (for example, but not limited to low fat, high iron, high fiber, low calorie, low sugar...)

CLASS BC-1 - FOOD PRESERVATION Grades 3 - 5

Entries must include at least one home preserved ingredient, menu for meal, placemat or cloth, one place setting for the entire meal, serving pieces for food prepared and centerpiece. Be prepared to answer questions on preservation procedures and nutrition.

Lots:

1. Salad
2. Main Dish
3. Dessert (not cookies or bars)
4. Any Bread

CLASS BC-2 - FOOD PRESERVATION Grades 6 - 8

Entries must include at least one home preserved ingredient, menu for day, placemat or cloth, one place setting for the entire meal, serving pieces for food prepared and centerpiece. Be prepared to answer questions on preservation procedures and nutrition.

Lots:

1. Salad
2. Main Dish
3. Dessert (not cookies or bars)
4. Party
5. Box Lunch

CLASS BC-3 - FOOD PRESERVATION Grades 9 & up

Entry to include all prepared foods for an entire meal (This means whatever is on your menu for that meal that day, BUT you do NOT have to make every item from scratch. Only one item **MUST** be "homemade". However, if you would like to make more than one item from scratch, that is fine. You should **ONLY** submit the recipe for your homemade item.) The entry must include at least one home preserved ingredient, menu for day, placemat or cloth, one place setting for the entire meal, serving pieces for food prepared and centerpiece. Be prepared to answer questions on preservation procedures and nutrition.

Lots:

1. Special occasion meal
2. Box lunch
3. Brunch
4. Meal for a Special Need (for example, but not limited to low fat, high iron, high fiber, low calorie, low sugar...)

CLASS CC-1 - CAKE DECORATING Grades 3 - 5

CLASS CC-2 - CAKE DECORATING Grades 6 - 8

CLASS CC-3 - CAKE DECORATING Grades 9 & up

Open to members enrolled in Cake Decorating or Foods & Nutrition programs. Entries include prepared and decorated cake, menu for a meal (3rd - 5th grade) or full day (6th grade & up), placemat or cloth, one place setting for the entire meal, serving pieces for food prepared and centerpiece. Be prepared to explain reasons for planning your menu (texture, color, etc.) and to answer nutritional questions regarding the USDA's Food Guide Pyramid.

Lots:

1. Cupcakes
2. Flat Cake (cut-up, smooth surface, or pre-formed)
3. Layer Cake (layered or tiered)

CLASS D - EXPERIMENT

Exhibit showing the results of an experiment you have conducted related to Foods & Nutrition. (See examples in the "Tasty Bites" literature). Will be judged on communication of results, neatness and interest.

Lots:

1. Grades 3-5
2. Grades 6-8
3. Grades 9 & up

CLASS E - ECONOMICAL MEAL

Entry to include one prepared main dish item for the main meal of the day, menu for the meal, placemat or cloth, one place setting for an entire meal, serving pieces for food prepared, and centerpiece. In addition, members must show the cost of the main dish, per person served. Cost per person must be less than \$2.00. Members should be aware of the economy in the entire display including centerpieces and tableware. Be prepared to explain costs, nutritional planning, and preparation.

Lots:

1. Grades 3-5
2. Grades 6-8
3. Grades 9 & up